

MACLEAN'S

BURNING QUESTIONS

Did climate change cause the western fires?

DIGITAL DEVOTEES

Adult-oriented games target the grey market

BRITTLE BOOMERS

Middle-agers stay fit to stay in the game

WHAT KIND OF PRIME MINISTER WILL PAUL MARTIN BE?

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'In as much as common-law relationships have weakened the family-based society, same-sex marriages will destroy it.' —BILL STUART, *Boston, Ala.*

Letters to the Editor: letters@usatoday.com

Zepplin fan fury

Considering the atmosphere Led Zepplin had and the people who regarded them, this essay ("Record sales and a whole lotta love," Aug. 4) is almost blasphemous. Don't get me wrong, there was some good. Peter Kopflien seemed to possess some first-hand Zepplin knowledge and Jonathan Durbin evoked their influence on groups to come. But in their mad dash to exaggerate every negative aspect of the band and to contradict every 70s rock, they have forgotten that there was obviously a certain something about Led Zepplin, and it was a positive something.

Joel Blau, St. Albert, Ala.



In defense of Plant and Led Zepplin

I'm not amused in the posts the writer was wearing to his only Zepplin concert, as the griff on the front of his record player to quote Kopflien, "Noodling" is the word that comes to mind" when I read this drivel. It asks the question, "How is it that Led Zepplin, a hard living rock band that broke up 25 years ago, could still tug today's chords?" Mr. only-as-one-phrase-does-it-right guy suggests, merely content as its yellow-anal-retro-style dated clothing and so on. Please try and do better next time.

Tim Goss, Ohio

Bill Hendrix, Eric Clapton and Jimmy Page were dominating songs with their intense guitar rhythms and solos. Led Zepplin, however, took their experience a step further. Robert Plant's voice commanded its own attention, and John Bonham's thunderous drums took a stage themselves. And that's where I think their enduring appeal is by overwhelming all the musical senses. That's what appeals to me in their music when I'm stuck in 401 traffic in Toronto, or when I'm enjoying the open road on weeknights, blowing through it all while leaving reality, and the speed limit, a distant memory.

Bravo Soles, Toronto

Marriage is as marriage does

Nobody will deny the Victorian's right to its infomercials ("The Weds, Aug. 31), all should

trust its attempts to control. That marriage is a profound and central institution in civilized society and cannot be tampered with lightly is undeniable. That it is an evolving institution and that its vitality depends on that once inextinguishable flame's trademark, from Copernicus and Galileo through Luther and down to the Concordat of Rome with Hitler, should leave us with a large dose of skepticism for directives from that same Society, like the thespian the 23rd Psalm, will wander and, like the sheep, will find the right "way" and never be lost when guided by compassion and justice.

William R. Fox, Toronto

I am not insensitive to the nervousness or plain fear that same-sex marriage, this new chapter in human relationships, will cause as it begins its first few pages. I strongly

THEORIES ABOUT THE MEANING OF DREAMS ("THE STUFF THAT DREAMS ARE MADE OF," COVER, AUG. 4) simply illustrate the human tendency to embellish in order to impress, writes Chris Perkins of Holland Landing, Ont. "It seems obvious that dreams are the mind going over the day's events and thoughts," but some theorists "can't accept that we aren't so deep, complex beings as we would like."

why the atheist and agnostic so underwhelmed with compassion the misgivings of those with strong religious convictions, and act so immediately accord them to fill insect or ignorance. I also urge the religious community to realize that there is another religious part of the population that has much to contribute. After all, I think any Christian would agree that God created us all the way that we are, and I don't think any one should presume to know a higher truth than that. No matter what your beliefs.

Christopher Richards, Surrey, B.C.

Back page first

It is nice to be able to read Maclean's from back to front again. Congratulations on acquiring Paul Wells's columns for The Back Page.

Gerry and Betty Van Horne, Ligonville, B.C.

Disarmed forces

Mary Jungert's column ("Mission Impossible," Aug. 4) on sending our stretched (and stretched) army to Afghanistan to patrol Kabul seems up a warren situation in our military. This has been brought on by years of government neglect and should be seen as a national crisis. The future is very uncertain and we are not prepared to face the challenges before us. Chronic underfunding has resulted in personnel, training and equipment shortages. We are losing our military's professionalism, once the army of our allies, its patchwork placements in peacekeeping patrols. It will take a soldier to stand on guard for those. Give him/her the tools, training and numbers to do the job.

Herb Pitts, Victoria

The problem with the world today is that the rich nations are telling the poorer ones how to conduct their lives. But it is time for the rich nations to repay for the plunder of natural resources they have taken from the poor and paid for with obsolete weapons. That is costing trouble. Weapons of any kind are made to destroy life, they are useless for building shelters, schools or universities, nor can they be used to all the good, cultivate or harvest.

Wes Schepers, Zurich, Ont.

Tell me a story

Every Canadian should be so alarmed as Paul Gross was at the recent significant

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Should Paul Gross (right, shooting *Das South*) take on a new role as chair of the CRTC?

decline in domestic production on the small screen ("I was absolutely stunned," Q&A, July 28). I would have to love even one individual as creative and passionate as Mr. Gross to the United States (or any other country for that matter) because he can no longer make a decent living in his home and native land, let alone an entire industry of equally dedicated—not to mention patriotic—craftspeople. Both the commissioners of the Canadian Radio-television and Telecommunications Commission and the Canadian public need to take action before it is too late and there is no national cultural identity left to promote. After all, if we do not tell our own stories to ourselves and the rest of the world, who will?

Christine Pelletier, Richmond Hill, Ont.

Re: Mr. Gross. We need an artistic lead-voice for Canadian programming as chair of the CRTC. Preferably one who has been in front of the camera and on the production front himself. We have the CRTC needs you. We need you!

Prisca Campbell, Richmond Hill, Ont.

In raising his concerns about the state of Canadian drama, Paul Gross demonstrates a lack of understanding for the big picture of the small screen. Spending on drama by English-language conventional broadcasters is higher now than in the years immediately preceding the 1999 CRTC television policy. Broadcasters are committed to producing a diversity of shows like *Train 45*, *New Music*, *Angela's Ashes* and *Thriller Park* days, in addition to high-budget drama

specials such as *Agents of Influence* or *Tagged*. The *Jonathan Winters* story. The real problem is the apparent disconnect between the cultural and regulatory objectives and the funding required to ensure Canadian voices in Canadian spaces. That is why the Canadian Association of Broadcasters has called on the government to meet with the broadcasting industry to develop a practical business plan to ensure the production of Canadian programming at a level that is consistent with the new level of demand.

Glen O'Hanlon, president, Canadian Association of Broadcasters, Ottawa

Hot air

While Donald Gore waxes philosophical about portfolios, investments, M-2 and fat bees, there is a real world out there that serves as the corollary of all that would those investors are scrambling over ("The bubble summer," *Columns*, July 21). A real world where once abundant fisheries have been overfished and depleted. A real world where air, water and land pollution are rapidly robbing future generations of quality of life and opportunities. If those investors whom Gore talks about don't soon find a way to include protecting that corollary of resources in their behavior sheets, all of Gore's philosophical meanderings will simply be added to the list of greenhouse gases and wasted resources.

William Clegg, Hamilton, B.C.

Loving the Rock

I'm not sure if I'm just an overly sensitive Newfoundlanders, but why is it that articles

like "The city on a rock" (*W&J* Penguin's Canada, July 21) gaze on my home? It always seems to me that writing like this really serves as a backhanded insult. The most irritating thing in reading it is the irony that a writer from Alberta can visit a place so rich in history, culture and come back with a story about scrounge, barrenness, fossils, fish and chips, and flyover pie (all things that the majority of St. John's natives usually take care to avoid or indulge in moderately). I suggest that *W&J* Penguin try a little less screech and a Newfoundlanders will be less likely to pull his leg.

Dr. Michael Wickham, Toronto

"I'm even homesick for St. John's, and it isn't even my home," wrote *W&J* Penguin. So am I, *W&J*, so am I. And I have seen most of Canada's cities. I don't know why, but Newfoundland has it and the rock. I'm close to 60 now, and I'm still dreaming of drinking beer in St. John's, Gander and Deer Lake. For sure, it's got to be more than its history, or the depth of the ocean, the cliffs of Signal Hill or the ghosts of the penitents. What could it be then? The incredible kindness and honesty of its people, that's what it is.

Lucien Laramée, Montreal

I am a native Chicagoan, but discovered Newfoundland for myself in 1999. I had just turned 30, was going through a rough time and wanted to travel somewhere I'd never been. Not to mention the dense noise, whales and sobriety. This is the first year since that I have not travelled back, my schedule just wouldn't permit it. I thought our local while reading your article. I have so many friends there now and favourite places to visit, and your wonderful article closed some of the many miles between St. John's and Chicago.

Angie Johnson, Leonard, Ill.

Held without trial

When I taught law it was understood that the Charter was the supreme law of the land to which all other laws were subject ("In defence of freedom," *Essay*, July 28). It appears that the Immigration and Refugee Protection Act offers minimal little protection. It is unconscionable that Mohammad Jaballah has been held for two years in solitary confinement. It is unjust and draconian that Mohamed Elserke has been held since December 2002.

Abdullah Tharman, Ottawa Ont.



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CANADA

POLITICS Nova Scotians went to the polls and gave Tory Premier John Harris another mandate, albeit as leader of a minority government. Harris, who had enjoyed a 31-year majority in the 53-seat legislature, emerged from the election with his party holding 25 seats, compared to 15 for the NDP and 13 for the Liberals.

An election looms in Ontario, Premier Ernie Eves said his government is rethinking a planned 25 per cent pay hike for MPPs scheduled to take effect after the next election. Eves questioned going ahead with the hike at a time of economic slowdown.

EXPLOSION A blast in a grain elevator in south-east Halifax killed up to 466 people from their homes. The explosion, which sent clouds of brown smoke into the sky, may have been caused by volatile grain dust igniting. No one was injured.

NAVO Is John Manley off to Brussels? Just weeks after he gave up on the Liberal leadership race, the deputy prime minister is reportedly being courted as a leading contender for the post of secretary general of the military alliance. Manley would not comment on the reports.

AIR CANADA The nationwide airline's CEO, Robert Milne, announced a loss of \$566 million for the second quarter. Milne also said he does not foresee any "meaningful recovery" for at least a year.

PRIS B.C. attorney Jack Ladouceur said he intends to issue a public report on the Feb. 1 avalanche disaster that killed seven students of the Calgary-area Scarth Heights Junior High School. But the coroner, who is currently collecting information, will not hold a public hearing, a decision that angered some family members.

STRESS According to a new study by the University of Alberta, student stress levels have not gone up since 1999 in spite of rising fees, more competition for university spots and increasing student debt.

UNITED NATIONS Liberal MP Denzil Mills said the UN should consider relocating its headquarters to Toronto. Mills said the move would make economic sense—and



FLASH FLOODS

Survivors talked of miracles after devastating floods tore through parts of Quebec without crossing a single facility. Several towns swamped in the region said in a matter of hours, dropped 40 mm of rain, turning quiet streams into raging torrents that crashed through homes and uprooted trees. In Tuguebec, 120 km southwest of Quebec City, officials estimated it would cost up to \$7 million to clean up and repair the damage—eight of the area's 14 bridges were washed out.

help save the city's remaining waterfront from being taken over by condominiums.

RACING Is it the end of the road for Montreal's Canadian Grand Prix? Organizer Norman Legault said Denise Richardson, president of London-based Formula One Administration Ltd., which controls the

sport, sent him a letter saying the event had been cancelled because of Canada's anti-tobacco laws, which prohibit tobacco companies that sponsor the event from showing their logos. Richardson denied the report, saying next year's calendar hasn't even been made up yet. Keep the engines rolling.

BY SUSAN MCCORMICK



10 Provinces
 3 Territories
 6 Time Zones
 2 Official Languages

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When Canada's left or right, there's a deep division of power. Each generation when it comes to energy, water and justice.

photos by Elizabeth
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When Canada's left or right, there's a deep division of power. Each generation when it comes to energy, water and justice.

Illustration: J. J. J. J. J.

18 MARCH 2005 / AUGUST 14, 2005

ILLUSTRATION: J. J. J. J. J.

Mansbridge on the Record



THE PLOYS OF SUMMER

it's a time for new controversy over gay marriage, leadership—and my beard

WHEN I TAKE summer holidays seriously, I try my best to read the news of the moment. I've been pretty successful at that these past few weeks—in fact, it's comically possible that yet another candidate has dropped out of the Liberal leadership race and I haven't heard about it yet. Let's see now if that's happened, who on earth could it be? There were two contenders left when I last checked, and only one of those two had promised she'd never drop out of the race. Hmmmm, decisions... well, perhaps I should check the papers down at the country house.

Meanwhile, some thoughts on stories I have heard about:

One of the things that has always struck me about focus focus—this and the year's devastating storm from Alberta and British Columbia—is the point again—is how provincial borders are no barrier when help is needed. The men and women who spend long, dirty and dangerous hours fighting fires do so wherever they're needed: this year, firefighters from Nova Scotia, New Brunswick, Quebec and Ontario are in the West helping out, while next year it could be the opposite. Sounds obvious, but there are times in this country when you have to wonder about the interpersonal barriers that can get in the way—lawyers who want to practice “out of province,” fire departments and nurses, for conservation workers—moving back and forth to work in Canada can sometimes be frustrating. Fortunately no one makes firefighters take new tests, or apply for new licenses every time they cross from one province to another.

WHEN CANADIANS went reeled on October 30, 1972, many of them thought the intense crowd of protest against that Monday's federal election meant there was a good chance Robert Stanfield would be their next prime minister. But by morning, when the counting was done, Pierre Trudeau had bang on

by just two seats. It was a cliffhanger for sure, and in came as a surprise to almost everyone, because very few had thought it was going to be that close. As it turned out, the race played out in the living rooms of the nation was not the one being argued about in the media-driven national campaign. At the door, as some candidates sat around late, the talk had been all about bilingualism and biculturalism and a good segment of the population was, to be blunt, not prepared to hear “it and it” turned down their throat. If you're old enough, you'll remember covered heads and shuffling silence in all this. It was a classic example of an election revolving around a silent issue—or about one that was silent to those covering it, those polling it, and for many of those running in it.

Doesn't happen often, but there are some people beginning to wonder—and some who are starting to worry—whether same-sex marriage could fit into the national mood we've got for the run-up to the next election, which could, after all, be less than a year away.

EVERY SUMMER for the past 15 years I've gotten a head—just part of that goes to the late-and-early news of the day. After a week or so, it always amazes me that, “you just might want for me,” and I make promises that I'll take the weekend off the way back to my full-time job. I'm at that point again this year—doing a good game, during this time, I won't miss you, but knowing I probably will, like last year when the beard came off 15 minutes before air time.

But thanks to my four-year-old son, I do have one thing to make me make it the decision to let me pick from his birthday bash of “superhero” t-shirts. He says they “beat” a thousand words. So I guess good to me.

Peter Mansbridge is Chief Correspondent of CBC Television News and Author of *The National*. To comment: letters@national.ca

Passages



LEGEND: Former prime minister Brian Mulroney agreed to a special adviser for a proposed delegation to the U.S. that would attempt to fully end the coal-own business. After a review of Canadian proceeding procedures, U.S. authorities said that country will now accept a lot of most free-trade agreements in 30 months, but will not yet receive the importance of the battle from Canada.

LEAVING: Last night talk show host Mike Bullard (Open Mike with Mike Bullard) is moving to Global after years in CTV. The 46-year-old comedian says he'd like to give his audience and believe Global will be able to tell his new show internationally.

CONFIRMED: NBA star and Victoria native Steve Nash, 28, will be in Toronto this week, joining the Canadian men's team in preparation for the Olympic qualification tournament later this month. Meanwhile, the team is waiting to hear whether Toronto native Jamal Magloire, 25, a centre for the New Orleans Hornets, is willing to play.

HYPERSTATIST: The federal government is looking into whether Canadian prime minister Michael Aarar is being treated as a Syrian citizen, as claimed by a London-based human rights committee. The Syrian-born Aarar, who has been living in Canada since the age of 17, was deported by U.S. authorities while visiting places in New York City, June 32, was suspected of having links to al-Qaeda.

ANNOUNCED: In an unusual non-Canadian appointment, former diplomat and Greek Republic resident Vassilis Dileas, 66, has been named as honorary companion of the Order of Canada.



Brian Mulroney is in the spotlight, but Canada's next best alternative



For a fringe candidate, Ryan Opatelli still drives a good crowd. But feeling Arnold appears to be the best, or better, alternative.

Politics | Casting call

HELP WANTED: Governor for California. Comes with a nice house in Sacramento, an annual salary of US\$175,000, and the hope to the world's dirtiest budget economy. Candidates must have good teeth and be willing to write with the state's US\$38-billion budget deficit. No experience required.

The list of wannabe governors who have filed papers to run in the Oct. 7 runoff vote against Gray Davis, the man elected for the seat, is budget woes, war long and already haggard before last week. Then it got plain weird. Supporters of an unknown actor Gray Coleman, star of *Baywatch* from 1996-

96, gathered the required 65 petition signatures from people writing in the bloomers at an Oakland A's baseball game. Coleman admitted he was "probably the least qualified for the job" among well-known names. That's debatable. One of the others is *Headliner* magazine publisher Larry Flynt, whose campaigning on the slogan "Vote for a Great Polder Who Cares." Catchy.

The front-runner in another political outfit, Arnold Schwarzenegger, the Austrian bodybuilder-turned-action-movie star. He declared he would run as a Republican while being interviewed *The Tonight Show* with Jay Leno. Perhaps he figures the support will come from the celebrity-adoring throngs who watch talk shows. (It won't be from his

wife's family—Maria Shriver is a niece of John and Robert Kennedy.) Schwarzenegger acknowledges that his lack of political expertise has its drawbacks, but he's running anyway because, he says, "I know the people of California want better leadership." At least he's had lots of experience acting out that kind of role.

And with nearly 360 declared candidates among the electoral po-po into so many small bits, who knows? Schwarzenegger's old clump will win him some votes. And maybe a few Spanish-speaking Californians who watched him utter his famous "Elessie in vista, baby!" line in *Terminator 2* will think he's their guy. Could happen. This is the state that elected Ronald Reagan.

SEASON OF FLAMES

Stubborn fires in British Columbia and Alberta reignite the global warming debate

IT'S HARD to hide a forest fire. Yet British Columbia's emergency response effort advised public health officials that it would be best not to warn the public about the smoke smothering the southwestern corner of the province—because it might discourage visitors from crossing into B.C. through Alberta's flaring Crowfoot Pass. British Columbia abandoned the speak-no-evil strategy when its own smoke suddenly exploded in a series of blazes sparked by lightning and human negligence—fires that increased in size and number throughout last week as ovens of dry lightning moved across the province. As flames destroyed the tiny sawmill town of Louisa Creek and forced thousands of people to flee from homes around Burnaby, McLaugh, Faldout, Vernon, Salmon Arm and Kamloops, Premier Gordon Campbell appealed for federal dollars to pay pilots of tanker planes and helicopters and thousands of leave and blacked-out firefighters on the ground.

The province's greens were quick to slash

FIRE ZONES

Southwestern Alberta and the B.C. interior were major hot spots in a confusing battle





SURREAL SCENE near Kamloops (previous page); releasing fire retardant near Rayleigh on the outskirts of Kamloops; grabbing a needed break near Barrière (top right); burnt-out auto repair shop in Barrière



that the government's eagerness to find and burn more, not less, forest fuel is ensuring the climate chaos that's lethal for B.C.'s traditional forestry industries, including forestry and tourism. British Columbia's minister responsible for both science policy and tourism, Rick Thompson, barked: "So say that the fire season is the result of climate change and that it will be persistent is, in my opinion, naïve." Thompson "can keep

his head in the sand if he wants," reported Dennis Freley, climate change analyst with Vancouver's David Suzuki Foundation. "We have a serious problem with the annual scorches being kicked out of whack by climate change."

The barrier between the alleged Chabot Little and the accused ranch only contributed heat to the debate over the causes of climate change, but the fires themselves

certainly demonstrated the vulnerability of B.C.'s delicate ecosystems and communities to extreme weather. Logging as much as 80 CCB's so-called working fires had been shut down because of the risk well below the current configuration. More than a month without rain, and temperatures into the 30s, made it too risky to operate machinery in the bush. Worsening the fire risk were the large trunks of charred lodgepole pines, de-

voured by the mountain pine beetle. The bug has been endemic for years, but legitimized by B.C.'s extreme winter cold snap. But the past century's run of consistently warmer weather has an average of 1.7°C since 1985 has allowed the beetle to thrive and displace mountain spruce throughout the southern interior. The province estimates that 300 million trees and \$6 billion worth of wood have been lost over the past two

decades alone. In nature's brutal quest for balance, the beetles are ultimately consumed by the hellish fires they help provide.

Warmer weather has also delayed the start of the lucrative ski season in recent winters. Last year, one resort in southwestern B.C. had to shut its ski lifts because European customers up a mountain, then back down again from the few higher altitudes near the half at least a bare minimum of snow. In

the meantime, the Campbell government pursues the environmentally contentious program of separating methane gas from deep coal deposits. That includes the construction of privately owned coal-fired generating stations high in the Rocky Mountains—in places within sight and smell of fires still smoldering near Coleman, Hinton and Banff, across the Crowfoot Pass in Alberta.

He's promised a lot, but will he be able—or willing—to deliver?
PAUL WELLS reports.

HERE'S A PROBLEM

If everything he's said during the Liberal leadership campaign can be believed, Paul Martin will single-handedly reverse generations of political centralization in Canada. His most significant promise is to wipe out Canada's "democratic deficit" the way he led the fiscal deficit. No more "friendly dictatorship," to borrow Jeffrey Simpson's phrase for the way Jean Chrétien hoarded influence and control. In its place, nothing but friendly.

The black hole of power in the Prime Minister's Office will be replaced with a super-power: power will radiate outward from Martin in every conceivable direction, toward every conceivable recipient.

Backbench Liberal MPs will be free to vote down government bills and to introduce their own private members' bills on subjects of their choosing. And not just Liberal MPs: opposition MPs will have the same enhanced power to introduce bills. Debates about all these proposed laws will last its definable, as Martin will curtail the government's use of closure and other tricks to cut debates short.

Martin will abandon any control in choosing which MPs run parliamentary committees. That means greasing up a tool for rewarding loyalty, but no matter: Ministers will be told to appear more often before these free-wheeling bands of MPs to justify departmental spending. The same committees, divorced from prime ministerial



PAUL MARTIN, PM



THE ACTIVIST

Martin has done a lot more than vanquish the deficit, writes JOHN GEDDES

THERE'S A PARADOX about the way Paul Martin appears at this singular moment in his political career. He has laboured tirelessly to position himself as a future prime minister, at least since he jumped into politics in 1986, and perhaps going back to his childhood as the son of a leading Liberal of

the forties, fifties and sixties. Yet for all the past effort, a tall task looms today: Martin faces no real obstacle—Shelly Goggin is barely a dimension—at the final leg of his march to the Liberal leadership convention scheduled for Nov. 12-15 at Toronto's Air Canada Centre. Is the election that will fol-

low, perhaps next spring, a mirage for the Liberals' book of lies in the bag, thanks to Martin's tenure—and coincided with a splitting among Canada's beleaguered array of opposition parties?

The democratic insider reveals at the prospect of a prime minister coming into

office against such weak assistance. Yet Martin can hardly be faulted for doggedly working his way into top dog position within his own party. As for the financing of the traditional Tory decision alternative, that happened more than a decade ago, and wasn't any of his doing. So if Martin's current uneasiness is a reminder of how uncomfortable it can be to live in a de facto one-party democracy—what one bookie called Canada's *Primarily Democracy*, and another labelled *Gridlock*—that shouldn't be held against him. What he should be held to is a stringent standard when explaining how he will govern—especially given the awkward continuation of debt in his hands.

But trying to gloss what he might do is grosser counter by watching the superefficient Liberal leadership race cut his frustrating exercise. In speeches, debates and scattered remarks on the hustings, Martin has held forth on everything from municipal taxes to marijuana, paying down national debt to empowering backbench MPs. It's hard to separate when he's enjoining deep convictions from when he's merely engaging in banal politics—singing a policy single whenever it's his turn with the live microphone.

Luckily, we've got more solid stuff to go on. After his long tenure as Jean Chrétien's finance minister, Martin has a substantial track record. One accomplishment more

usual one-line summary of Martin's political biography: he was the guy who got rid of the deficit, right? Well, yeah, but... Admittedly, looking beyond the deficit battle is not easy to do. After all, anxiety over the annual flood of red ink dominated the federal agenda back when Chrétien made Martin his finance minister after the 1993 election. By the time the books were balanced in 1997-98, the quest to get Ottawa back in the black had taken on a mythic quality. Martin had become the dragon slayer. What was seen at the outset as a shambles task

just three years. That truly would have been revolutionary, and federal bureaucrats briefly lived in terror that they couldn't have worked so much. Instead of being chastised by a fifth, direct spending by their departments mostly dipped to \$51.7 billion in 1997-98, the year the deficit was eliminated, from \$52.1 billion in 1994-95.

Now, then, did Martin squander the deficit? Though, though temporary, can a transfer payment to the provinces for health and education were part of the answer. But the big item was a rapidly swelling tax haul. Federal



revenue climbed to about \$130 billion in the year the deficit was wiped out, from \$116 billion when Martin took over as finance, a far greater increase than had been projected. That doesn't mean Martin just sat back covering the cash as it rolled in. He did impose restraint, especially in areas such as defence. But at a time when most Canadians might reasonably have assumed Martin was focused like a laser on cutting spending, he was really able to spend a lot more money than is generally acknowledged. And these under-the-table increases, which he chose, may tell far more about his policy priorities than the deficit crusade that was thrust upon him.

One of the most far-reaching was the creation of the National Child Benefit. Introduced in 1996, the benefit works through the tax system to encourage low-income parents to get off welfare and into the workforce. The principal problem was that poor parents, quite reasonably, declined to take jobs that didn't pay enough to make up for losing various social assistance benefits. To eliminate that disincentive to work, Ottawa agreed to increase tax credits to low-income working parents. That got families off welfare, saving the provinces money on social assistance payments. The provision, in turn, agreed to convert those savings in expanded benefits and services in-kind at the poor. Two years after the benefit was introduced, it was credited with lifting 22,000 families above Statistics Canada's low-income cut-off, usually called the poverty line.

Martin was the proud figure in this transition

After his long tenure as Chrétien's finance minister, he has a substantial track record

named out to be the making of his national reputation—essentially in the West, where other Liberals had often been dismissed as weak-willed spendthrifts. But for all the attention devoted to it, the deficit war may never be well understood. For one thing, the numbers show that Martin may not have been as role model in waging the battle as legend has it. When he announced his famous "program review" mission plan in his 1995 budget, he vowed to cut spending by federal departments—not including transfer payments to provinces and individuals—by about 20 per cent over

five and into the workforce. The principal problem was that poor parents, quite reasonably, declined to take jobs that didn't pay enough to make up for losing various social assistance benefits. To eliminate that disincentive to work, Ottawa agreed to increase tax credits to low-income working parents. That got families off welfare, saving the provinces money on social assistance payments. The provision, in turn, agreed to convert those savings in expanded benefits and services in-kind at the poor. Two years after the benefit was introduced, it was credited with lifting 22,000 families above Statistics Canada's low-income cut-off, usually called the poverty line.

Martin was the proud figure in this transition

of the benefit. Ken Bartle, president of the Canadian Institute of Social Policy, advised the government where the strategy was being hatched, and he remembers being surprised by the finance minister's intense interest. "I talked a lot to Martin about it," Bartle says. "He's a tough guy. We debated it. But he was supportive of the basic idea, and without him there would be no National Child Benefit." As a key advocate of the reforms, Bartle admits he's biased, but he casts the accomplishment in laudatory terms. "It's the most important social policy change in a generation."

That's a remarkable claim for a policy that emerged in a period when retrenchment, not expansion, was supposed to be the reality for Canadian social programs. But Bartle runs the data back to it: \$2.5 billion in benefits paid between July 2001 and June 2002, the latest figures available, to 1.5 million families with 2.7 million children. That's about 40 percent of Canadian families with kids. Although the deal to create the child benefit was formally hammered out among provincial and federal social service ministers, Bartle unequivocally credits Martin. "In terms of political and policy work, this was Martin's initiative."

The notion of Martin hashing out details of a landmark new social policy with leftish policy wonks doesn't mesh easily with the popular understanding of what he was up to: taking three crucial deficit-cutting years. It does, however, with another theme in his capsule biography—the influence of his late father. As an influential Liberal cabinet minister under Louis St. Laurent and Lester Pearson governments, Paul Martin Sr. was a force in the creation of universal health and social programs. Martin worshipped him. Many wondered how he might try to build on that progressive legacy after putting the deficit behind him. If Bartle is right, he didn't bother waiting.

This father's influence abides in Martin's instincts on social issues, on consumer matters his own business background is key. Martin got his private-sector apprenticeship working for Paul Desjardins at Power Corp. He made out on his own when he decided to join Canada's Securities Lenders in 1968, and prides himself on having made CSE, a prime innovative, internationally competitive company. An finance minister, he tried to use the tools available to the federal government to prime the whole



Among other things, he's thrown his energy into worthy international projects

Canadian economy's capacity for innovation and responsiveness. Even before the book was published, Martin's 1997 budget created the Canadian Foundation for Innovation, a major new source of funding for research facilities at universities, colleges and hospitals. In the 1998 budget, he unveiled a package grandly called the Canadian Opportunities Strategy—designed with considerable input from Editor Goldberger, then Clinton's senior policy adviser. That opened the tap for a gush of billions

that continues today in new funding for university-based research, scholarships and grants to parents who save to send their children to college or university in registered education savings plans.

Behind the strategy was the theory that the key to a smart economy was creating so-called clusters of economic activity, often built around universities. Martin's backers say it's working—on a degree. They point to the one concentration of hi-techology companies in Saskatoon, say, or pharmaceutical firms in Montreal. But they also acknowledge this idea is far from closed. The Martin brain trust admits that Canada is not yet getting

sufficient economic bang for its research buck. According to one of his top advisers, Martin is planning to deliver a major speech next month on how to make sure more of the basic science done in Canada results in money-making new business. "Canada does OK on developing the start of intellectual property," the adviser. "But moving it through the pre-competitive stages to commercialization has been a traditional problem in this country." It's one Martin wants to tackle in coming winter.

The child benefit and the opportunity strategy may represent the best of Martin's output as finance minister. Even his opponents, though, don't credit him with much of the original thinking behind those thrusts. "He's not the creative spark," said one insider. Martin's own words blazed with a swirl of sequences and boasts himself in reading a weekly press that grab his interest. He clips newspaper articles on the weekend to show his aides, demanding follow-up work. He sometimes tries to make direct contact with big thinkers. Martin once surprised Michael Smith, the late Nobel Prize-winning chemist from Vancouver, by dropping by one Sunday morning to chat over coffee in his hotel lobby when Smith was visiting Montreal. The scientist found Martin personal, curiously about genome research unusual for a busy politician. Soon afterward, private science got \$160 million in Martin's 2000 budget.

Over and over, those who have worked closely with Martin describe a person he himself sees as ideal, bristling at terminable encourage-and-lose how it might be changed into policy, and continuously because alternatives off communications and polling options to see how options might shift. "He wants to make sure he understands why he is going ahead with policies," says Jack Mizra, now president of the C.D. Howe Institute, who worked with Martin as a visiting economist in the finance department in 1994-97. "But he always keeps the job on his mind."

The dynamic sounds appealing—a spin-based kind of responsiveness and open-

ness, that it has proven for him is fallible. In his 1994 budget, for instance, Martin unveiled an ambitious reform to replace the landmark Old Age Security and Guaranteed Income Supplement with a new-fangled Senior Benefit. Never heard of it? That's because it was quietly abandoned. The scheme would have tried to reach the benefit paid to many seniors, and accepted a backlash from retired Canadians that should have been easily anticipated—but wasn't.

This was no minor blunder. On the other



His father's influence can be seen in Martin's instincts on social issues

hand, the hot-bed reform bill wasn't central to Martin's policy outlook. Neither was his decision three years ago to how to pressure from a well-oiled, high-techology lobby group and offer new tax advantages for employee stock options—a popular pay system, now caused by the dollar's post stock options played in the high-tech bubble economy. Or his move in 2000 to pay (fixed) amounts in low-income citizens, widely mocked when prisoners, kids living with their parents and other unintended

recipients ended up getting cheques. What those and other mistakes may show a Martin's capacity for looking less than sure-footed when he ventures beyond the comfort of what seem more fundamental to his vision—such as economic strategy linked to university research, and tax reform rooted in the values of social equity.

In the leadership campaign, though, it has often been hard to find those new convictions anchoring Martin's public pronouncements. He has tended to sound more surface-shining than deep-thinking. On

Canada's role in the world, he says we need to show up our relationship with the United States and engage in more multilateralism. That sounds like a vague tag, suggesting that his past work on, say, creating the G-20, a group that brings together leading industrial countries and emerging market countries. On climate change, he supports cutting our Kyoto targets and making sure Alaskan oil patch and the Atlantic offshore don't pay the price.

To be fair, Martin is still, after all, a Liberal MP, and is associated somewhat from feeling out ideas that would clash with the ongoing politics of the Christian government. In recent, his broken plan, causing the vision will come into focus. "It's not far from the federal, fully sound our programs months before he's leader or prime minister, and many months before his decision," says one Martin insider.

Maybe not, but Martin is no visionary candidate for high office. As the dozen things to a week by Canadian politics has seen for a long, long time, he can afford to make a political capital on straight talk. Demanding it is the largest instance: because seen as probably futile. Instead, worth for that planned September speech, on linking science research to the marketplace, is a good place for the more substantial Martin to happen. Until he does, there's enough in his record to predict that once the leadership campaign is proving to be a dud, a Paul Martin prime, internationally should run out to be anything but. ■

OFF THE CHARTS

City with the highest percentage of its working population earning over \$100,000
Calgary (4.9%)

National proportion earning that amount: 2.7%

Tires built in some smaller plants may never grasp—nations can be too for instance, which province or territory has the highest median income? Give up? Northwest Territories (\$56,000). There are plenty more nuggets where that came from—the 2001 Census.

WE GROW OLD

- Municipality with the oldest population: (Calgary Beach, B.C. (median age: 58)
- Province with 13 of the 25 fastest-growing municipalities (pop. 5,000 or more): British Columbia
- In second place: Ontario (with 6)
- Youngest population in largest district of Mackenzie for 25
- In Northwest Territories (median age: 22)
- Province with 14 of the 25 youngest municipalities: Alberta

	Median age (years)	% increase over decade
N.S.	35.4	18.7
Que.	34.3	18.5
N.B.	34.3	16.8
N.E.	34.7	18.2
Man.	36.8	24.7
P.E.I.	36.8	24.7
Canada	35.5	22.2
Ont.	35.8	18.7
Alberta	32	11.1
Sask.	32.4	12.4
Man.	31.3	11.8

A BULGE IN THE MIDDLE

- Increase in population of Ontario's Golden Horseshore since '96 census: 9.2%
- National population increase: 4%
- Ontario's population living in the Golden Horseshore: 56%
- Canada: 23%
- Fastest growing municipalities since '96: Chatham, Ont., up 58%
- Provincials with most municipalities among the 25 fastest declining: Ontario and Quebec (5 each)
- Province with most on the top-25 fastest growing list: Ontario and Alberta (8 each)
- Fastest-growing province: Newfoundland and Labrador, 4% (25,000 people)
- Exception: Prince, Nfld., which grew by 21%
- Where most Newfoundlanders moved: 37% to Ontario, 29% to Alberta

WELCOME, EH?

- Foreign stage of population (born outside Canada): 18
- Rank worldwide: No. 2, after Australia (22% foreign born)
- Percentage of population reporting ethnic origins as "Canadian": 29

Province with highest percentage rate of women in the labour force: Alberta (56.6%)

Think you know all about your fellow Canadians? Start digging around in the numbers Statistics Canada compiles every five years and you could find not everything is as you might have predicted.

Province where adults are...

Most likely to have a university degree: Ontario

Most likely to vote P.E.I.

Most likely to go to church: P.E.I.

Province where...

Most offspring in their 20s live at home: Newfoundland (37%)

Went live at home: Saskatchewan (20.6%)

- Percentage of arrivals in the '90s living in Toronto, Vancouver or Montreal: 73
- Percentage of total population in ethnic ethnic: 34
- Centre with most ethnic groups of 30,000 or more: Toronto, with 62
- Ethnic groups in Toronto numbering more than 100,000: 15
- No. 1 country of birth of immigrants to Halifax during the '90s: Kuwait
- Municipality with highest percentage of visible minorities: Markham, Ont., at 53%

TIPS FOR FINDING A DATE: MALE-FEMALE RATIOS

- National average: 96.1 men for every 100 women
- Lowest average: Nova Scotia (93.6 men/100 women)
- Highest average: Yukon (201.5 men/100 women)
- Highest community ratio: Woodstock, Man. (122.6 men/100 women)

GO FIGURE

- Province with highest percentage of couples living common-law: Quebec (30%)
- Second highest proportion: New Brunswick (19%)
- National average: 10%
- In 1980: 5.6%
- Percentage of Canada's 1.1 million common-law couples living in Quebec: 44%

WHERE THE DRIVERS ARE

How we get to work (%)

	Personal vehicle	Public transit	Walk
P.E.I.	91.5	9.2	6.6
N.B.	86.9	1.7	5.3
Sask.	85.4	2.4	5.3
N.S.	86.8	1.8	6.7
N.B.	86.6	4.8	3.3
Man.	85.8	7.8	6.2
B.C.	82.1	7.5	1.1
Canada	80.7	10.5	0.6
Man.	80.6	8.1	8.8
Ont.	79.2	12.7	5.4
Que.	78.5	12.8	6.5
Yukon	31.9	3.6	34.8
N.W.T.	42.8	8.7	38.6
Newfoundland	30.8	8.8	58.2



VISIBLE MINORITIES IN THE POPULATION (%)

N.C.	11.4
Ont.	16.1
Canada	12.4
Man.	11.2
Que.	7.8
N.B.	5.7
N.S.	3.5
Yukon	1.8
Sask.	2.8
N.B.	1.3
P.E.I.	6.0
N.W.T.	0.4
Newfoundland	0.8

* Toronto, other than Aboriginal, who are not Canadian-born or white-white or colour

Province with the shortest commute: Saskatchewan, where work is just an average 4.2 km away

MUGABE'S END-GAME

The president says he'll step down, but the country's opposition isn't convinced

DRESSED in a thick wool trench coat and the winter breezes, Vintor is leaping off his horse under a large tree just up the road from Zimbabwe's rugged Vitoria Falls. The two-day-old trail of the 26-year-old winds—an expensive Nikon camera and a duffel bag full of cash-like currency on a picnic table in front of him. Until two years ago, the well-spoken accountant earned a respectable \$350,000 a month working for a chain of luxury safari camps. Now he makes seven times that amount, exchanging Zimbabwe dollars for U.S. dollars on the black market. "This is a country in crisis, a place where economic deterioration is the order of the day for the average guy," says Vintor. "All I'm doing is explaining a loophole to get by."

The "loopholes" in the near collapse of Zimbabwe's economy occur. The banks are running out of money, and Vintor's account highlights the growing political and economic instability gripping what was once one of Africa's most prosperous countries. Zimbabwe's slide into ruin began three years ago when Zimbabwean President Robert Mugabe, now 79, began targeting white farmers by outlawing foreign gains to take over their land. Now with only 800 left on their farms—a far cry from their former ranks of 4,500—food production has slumped, leaving nearly eight million people out of a population of 11 million on the brink of starvation. The collapse also derailed the International Monetary Fund decision to Zimbabwean currency to be devalued faster than any other in the world. "We are not yet a failed state," says Eddie Cross, an economic adviser for the opposition Movement for Democratic Change. "The lights still switch on. But we are uncomfortably close to the abyss."

Unemployment hovers near 80 per cent, inflation, already running at 345 per cent annually, is expected to triple by year-end. The banks would print more money if they could—the expedient fallback of any recognizable business republic—but that's not an option: they have neither ink nor paper.

Acute gasoline shortages have helped stoke the country's economy and traffic, leaving thousands at the mercy of gas-fueled chaos. The country's economy is in a state of collapse. The country's economy is in a state of collapse. The country's economy is in a state of collapse.

Only Mugabe's departure will help end Zimbabwe's death spiral. During George W. Bush's week-long tour of Africa in July, South African President Thabo Mbeki, a Mugabe confidant and supporter, told the U.S. leader that Mugabe would leave if the U.S. did. But those hopes were dashed. It's clear the country is locked in a violent end game with Mugabe and his supporters in the Zanu-PF stepping up repression in a bid to hold on to power at all costs. The promises of high-profile government opponents are being used to lure more people into the Central Intelligence Agency Organization, the feared secret police. Even a small-scale strike is considered for subversive content.

Worries are also used to intimidate. Michael Mayo, a young political activist, was jailed in June after taking part in an anti-Mugabe rally. Moments after being released he was cornered by a mob of 20 soldiers and CIO agents as he walked toward his brother's wedding in the family car. "They hit me with my own tank and slashed the tires," he says. "Then they told me to push the car while they searched me." Buddy heaton, he was dumped into the car and left for dead. When he met later with Mugabe's, he was wearing a cut on his right arm and still had partly healed head wounds. There was evidence in his eyes. "I have had to see my children from school," he says, "because they have threatened to kidnap them to get to me."

Strikes such as Mayo's are all too familiar to Shortridge, a psychologist and human rights consultant to Phil Ntsho, the country's opposition leader. Robert Gribble and his



Warmer was being raped in youth militia, except, she says, and houses belonging to government opponents are being torched. Mugabe knows that you don't need to tell someone to use a strong language," he says. "He knows that it's easier to get away with torture because it doesn't make international headlines."

This is the case that Mugabe's Zanu-PF Movement for Democratic Change (MDC) could inherit. Tsvangirai was charged with treason and imprisoned for 14 days after being accused of organizing a mass protest in June. He was also charged with treason in the run-up to the 2002 elections for allegedly threatening to have Mugabe killed. But George Bush, the South African leader made famous for his defense of Nelson Mandela in the 1980s, has shored the president's position. Tsvangirai, leaving only the

But a crisis of governance. Anyone who looks at Zimbabwe's deteriorating situation "The opposition has been lowered by a recent top-up place in the New York Times in which Colin Powell, the U.S. secretary of state, described the Mugabe regime as 'a corrupt and oppressive.' Powell also threatened South Africa for not pressuring Mugabe. Bush's renewed demands during his talk with Mbeki. One of the hallmarks of Mbeki's presidency has been creation of the New Partnership for Africa's Development, a multi-billion-dollar program that rewards African countries for promoting the oil and political accountability. But Bush made it clear that the U.S. would withhold \$10 billion in financial support for the program until Mugabe resigns. Tsvangirai's support is the latest in a series of gestures for the MDC. Many foreign ob-

servers expected the fledgling opposition party to finish at the presidential elections, but instead the MDC has consolidated its political support, says Robert Schmitt, a professor of political science at the University of Cape Town. "The MDC has been tested and has proved that it has a lot of talent within the ranks," he says. "Key countries like South Africa are reluctantly coming around to accept Tsvangirai as a key player."

Despite growing support for Tsvangirai, the Zanu-PF may not be willing to step aside even if Mugabe quits. Many observers believe hard-line Zimistion Mugabe, the speaker of parliament, will replace Mugabe. "It would be a duplicate of Mugabe's style of governance," said Tsvangirai. "He doesn't tolerate dissent and he's violent in his nature. The country will be worse off under him." Tsvangirai is in charge of negotiating with the MDC would be a new status, adds Mbeki. "The whole regime must go, not just Mugabe," he says. "It's only one of an elite that has misused the country."

Zimbabwe's remaining white farmers can only watch and wait. On several occasions Mugabe has told the country in radio addresses that land seizures and occupations of farms are to stop. But the so-called war veterans—most of them dismissed from service born after the war of liberation—continue to do as they please. A first belonging to Roy Bennett, an opposition MP, was overrun by over 200 Zanu-PF supporters in June. They assaulted weapons, killed livestock and vandalized farm equipment. Just days before the attack, the president said supporters at a rally that they "should be so many farmers" farming the land.

The MDC says it would give the farmers back their land, but hundreds have fled to neighboring Zambia, Malawi and Mozambique, where the governments have offered them new refuges. Tobacco companies have also backed rebels to start up plantations in Zambia. In Zimbabwe, more than 200,000 black peasants farmers have moved since white-owned land. Many of the new farmers say they have not received tools or fertilizer promised by the government. Others are using on plots because tension generated by the government has not arrived. But none of this seems to matter to Mugabe, who insists to power even as the country collapses around him.

THE GREY MARKET

Hot-selling adult titles prove that video games aren't just for kids, MICHAEL SNIDER reports

I TURN THE CORNER and dash just in time to dodge a bear that charges out of the bushes. With speed and agility honed by years of gaming, I dash into the hallway, across the targeting reticle on the advancing red-rope security guard and launch a disc right back. *2AP?* The crawling blue line right through the guard's bulky frame says it all. Another left. Two company raps, disappearing my status of *Threat 2* from a distance database, offer congratulations, but I barely hear. I'm busy kicking butt.

The move on which the game is based came out in 1982, when I was 12, and was spun off into an arcade game the same year. I remember making my first cycle of play, my 10-speed down to the howling siren parade on *Whiskey Brawl* in Ottawa, quarters practically spilling out of my pocket. Ten forward 20 years and I'm in a public relations firm's offices, reliving my childhood with a preview copy of the updated game. I can't wait for the official release in late August so I can grab my own copy. It's almost like they made it just for me.

Actually, they did. There are lots of us who grew up playing *Atari* and *Colossal Vision* in an era when owning a console was rare and very cool. Video game developers now call us the grey market: adults who still like to spend evenings running through digitally designed sets shooting things, or playing *God with the lives* of *Star Wars* characters. Games aren't just for kids according to a U.S. survey by the Entertainment Software Association, an industry research group, the average age of gamers is 29, and 41 per cent of frequent computer gamers over 35. These people own homes and cars, have kids of their own and money to spend on games, graphics cards and consoles like the PlayStation 2 and Microsoft Xbox.

All of which makes the grey market very attractive. In 2002, global sales of games and consoles totalled more than \$58 billion—more than Hollywood's box office receipts that year. About \$36 billion of those sales

were in Canada and US\$14 billion south of the border. On its own, *Grand Theft Auto: Vice City*, a violent action title with a retro '80s theme, sold more than 1.4 million copies at about \$60 a pop within three days of its October 2002 release. That helped drive an industry that's growing 11 per cent a year, reports *PricewaterhouseCoopers LLC*. And by 2005, the company forecasts, software and hardware for games will be worth about \$56 billion in North America alone. Put simply, video gaming is the world's fastest growing form of entertainment. "No body would be in this business if they weren't making money," says Leo Wilbur, Microsoft Canada's marketing manager of PC games.

There are more profits on the horizon. Technological advances in computer chip development enable companies to put faster console systems and games with better graphics out year after year so consumers keep having to upgrade their systems and buy updated titles if they want to enjoy the latest and greatest. Currently, Sony, Microsoft and Nintendo dominate the console industry. They sell their systems at cost or even at a loss, and then make their profits on the games. The business formula for computer gaming differs slightly since, unlike consoles, computers aren't single-purpose machines built by the game developers. But the goal's still the same—designing more sophisticated and expensive products to appeal to adults. "They have relatively high disposable incomes," says Eric Lundgren, product manager of high-end graphics cards for *Markham, Ont.-based ATI Technologies Inc.*, "and are very informed buyers."

So developers are targeting out titles such as *Star Wars* and *Halo*. Then several *Star Wars* titles—all hits from the '70s and '80s. *Star Wars 2: The Nihil* led by *Battlefront* (a cooperative, a newly created wing in the *Star Wars* empire that targets older players). "The adult market always," says Michelle Lanza, *Battlefront* marketing manager. "They are people who grew up with Disney. They're the same guys and girls who played *Star Wars* in the arcade



and we now take that as our playing game." *Ulti Soft Entertainment Inc.*, a Montreal-based video-game publisher and developer, once changed its operating strategy in 1999 to focus on older gamers. The company's first success was a family title called *Rayman*, but it wasn't until the rights to produce a series of action shooters based on popular *Star Wars* novels. In its most recent quarter,

having sold 4.5 million copies of *Star Wars* *Clone Wars* worldwide, *Ulti Soft* turned a profit of \$48 million on revenues of \$687 million.

The buyers are guys like *Shayne Price*. A construction company project manager from Annapolis, Ont., Price is 30, has just bought his first house, and is married but with no kids to dominate his time. He marries

he plays three hours a night in the winter, sometimes less in the summer. He upgrades his computer every two years or so, and has been buying games since 1996. "I enjoy shooters, mainly," says Price, referring to super-quick computer games. "It gets pretty intense. It releases stress, you escape from the workday and, before you know it, three hours have gone by and you're

lost yourself in something you like." Price started playing while in university, where gaming is enormously popular. Recently, the Washington-based Pew Internet & American Life Project conducted a study of university students' habits. Every single student polled in the study had played a video game. Two thirds said they were regular or occasional players.

Still, knowing there's a market out there and getting people to play a good one are two different things. Developing games has its risks—its costs as much as \$14 million and takes in long as four years to develop a single game. So companies go all out to give a product chock full of cinematic scenes, hire famous actors to provide voices for characters, and solicit advertising for in-game product placement. *Ulti Soft's* *Splinter Cell* features Canadian actor Michael Ironside's voice for its main character. Bruce Campbell, who played Alan Bradley in the original *Tomb Raider*, makes a cameo in the updated game, and Christopher Walken, Gary Oldman and David Duchovny are among the voices whose voices will be heard in video games scheduled for release this coming fall.

Some video-related attitudes have become controversial for their graphic sexual and violent content, and for the reasons in which female characters are depicted. About eight per cent of the titles released in 2002 earned a "Mature" rating from the Entertainment Software Rating Board, a group established by game makers to police their titles and warn parents away from material that's inappropriate for children. Inevitably, though, the slash-and-burn first-person shooters and action titles make their way into the hands of kids. Attempts to impose stricter labelling rules have been a failure in Canada. The B.C. legislature passed the Video Games Act in 2000, but it was never enacted; it failed to receive royal assent prior to the election last year.

Meanwhile, more violent games are on their way. *Doom 3*, *Halo 2* and *Counter-Strike: Condition Zero*, all expected out this year, are eagerly anticipated. *Ulti Soft's* general manager Oliver Ernst estimates that, at the annual Electronic Entertainment Expo earlier this year in Los Angeles, "70 per cent of the new releases were shooters. That's the trend right now, for sure." And it's just that way so long as it's what the profitable grey market demands. ■



THE GOLD DUST RECOVERY

The bull market in base metals is a sign that the global economy is strengthening

GOLD, COPPER, aluminum, nickel and zinc are enjoying bull markets after two decades of erratic, mostly weak prices. The mining industry that shaped a big part of Canadian history may be in for better times. If so, it will be because of a global economy in recovery coming after years of worldwide downturn for mining.

Four centuries of Canadian history could be summed up as the beaver, the forests and the mines. Gold, copper and nickel not only built Northern Ontario and Northern Quebec, but much of the wealth dug from the Canadian Shield in Timmins, Kirkland Lake, Chibougamau, Penikese and Sudbury went to Toronto and Montreal, helping to make these financial centres bloom. Long before natural gas became important to British Columbia, gold mining towns produced revenues second only to the forest industry. The Hudson Bay mine at Pin Point was Manitoba's second most important commodity industry behind agriculture, decades before the ride at Thompson was developed.

The industry has learned to suffer through disappointing commodity prices. Take gold. The Kingston Woods Agreement (1944) froze gold prices at the US\$35 an ounce level set in 1934. That price was a bane for gold miners during the Great Depression, and now gold mines opened across the land but the price that launched a thousand ops on Bay Street in the Hungry Thirties was a starvation diet by 1950. When Second World War price controls ended, inflation hit Canada, and one gold mine after another became uneconomic as costs of wages and materials soared.

To save the gold mining towns, Ottawa introduced what was erroneously described as a short-term program called "cost aid." The mines were allowed to sell their output to Ottawa at a price adjusted for what gold would theoretically be as a free market. The nation's gold reserves, that the Bank of Canada has been selling so enthusiastically in recent decades, were ac-

cumulated back then by overpaying old gold mines for new production.

Canada's most accessible copper boom came in 1956, as copper prices soared to the equivalent of just 60 US\$60 cents a pound. That was great news for the Ontario-based mines in Sudbury and Falconbridge, which also produced copper, but was fabulous news for the copper deposits in the Keweenaw, Chibougamau and Gaspé areas of Quebec and in mainland B.C.

The inflation 1970s were the last time of splendour for the Canadian mining industry. Double-digit inflation sent investors scurrying to sell bonds in favour of "hard assets," i.e. assets, timberland and real estate. The international oil companies turned to OPEC members' nationalization of foreign production by monopolizing funds

CANADA'S first four centuries could be summed up as the beaver, the forest and the mines, especially gold, copper and nickel

into the purchase of base metal mines, as the mistaken belief that metals were just another mineral, like oil. Stupid company names like Anasazi disappeared from the stock market, bought by big oil as what proved to be ridiculously high prices. Investors who had owned these shares cynically invested their winnings in the big Canadian mines such as Noranda, International Nickel (now Inco) and Rio Algom. Gold prices, freed of controls in 1968, ran from \$35 to as high as \$850, giving unbelievable returns to investors.

When Federal Reserve chairman Paul Volcker, Ronald Reagan and Margaret Thatcher demonstrated that strong leaders could not put control inflation, but much it, gold crashed to a 25-year "Triple Waterfall" — a three-stage price collapse which the Japan-

ese market would experience a decade later and Russia has just begun to suffer — falling to US\$350. Few established gold mines outside South Africa and Australia were able to remain profitable during that long depression. The only winners were a handful of new mines, of which the leader was Barrick Gold. These savvy operators used complex forward selling arrangements that delivered consistently higher prices for their output than was available through open market sales.

The Canadian base metal producers also suffered in the disinflation era, as their old ore bodies became increasingly profitable, and major new production came overseas from Chile, Australia, Indonesia, Russia and China. Copper, nickel, zinc and lead became less important in the advanced industrial economies, yielding to plastics and electronics.

As the new millennium dawned, the total market capitalization of all the publicly traded mining companies in the world was about the same value as CIBC. Wall Street firms had virtually closed down their research coverage of mining stocks.

Aprecious investor who sold all his technology shares in March 2000 and invested the proceeds in gold and base metal mines would have been one of the world's most successful investors. What's down is no longer dirty Canadian gold stocks such as Placer Dome have been hitting new 52-week highs, at gold billion, to Triple Waterfall crash bought a train in a new bull market. What is new is that in recent months, virtually all major mining stocks on global exchanges have risen sharply, whether the companies produce gold, copper, aluminum, zinc or nickel. All mines are alike only when the metals they produce rise or fall together — a rare event.

The gold mine was far obvious reason the U.S. dollar is in a bear market, which means higher gold prices. The move in the industrial metals could be dismissed as a fluke were it not for a huge leap in another price — rates for freight on container ships. When the cost for what's deep in the earth and what floats rise together, the world economy is strengthening, regardless of what financial predictions you read.

Unless we really are living in a New Era. ■

Donald Cose is chairman of Harco Investment Management in Chicago and of Toronto-based Jones Howard Investments. dcose@jhw.com

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WHEREVER MAGAZINES ARE SOLD

'SOME MPs ARE OUT OF TOUCH'

A leading equal rights activist says most Canadians support gay marriage

GAY MARRIAGE is a hot-button topic that just keeps getting hotter. Last week, the U.S. Episcopal Church's national governing body declared to develop specific liturgies, but acknowledged that some dioceses are blessing gay unions. That followed the church's confirmation of its first openly gay bishop, Rev. V. Gene Robinson of New Hampshire—a move that drew outraged reaction both at home and abroad and raised the spectre of a schism in the 77-million-member global Anglican Communion. Meanwhile, more than 75 members of the U.S. Congress are pushing for a constitutional amendment that would explicitly exclude gays from the definition of marriage, something President George W. Bush is also considering. And in Canada, politicians, including Liberals threatening a new revolt, continue to speak out against the federal government's inclusive marriage legislation, now before the Supreme Court. Prime Minister Jean Charest isn't the proposed bill for review after three lower courts ruled that banning same-sex marriage was unconstitutional. John Fisher, who led the fight for equal rights for almost 10 years, is unfazed by the heated rhetoric surrounding gay marriage. He spoke with *National Observer* of Montreal.

In spite of the uproar, the battle for equal marriage rights appears to have been won. What's your reaction?

I often have to pinch myself to remember that it was only three years ago that we began the court cases, and we assumed we would be fighting the federal government all the way to the Supreme Court over perhaps a seven-year period. It's encouraging too that for the first time we will be before the Supreme Court on the same side as the federal government, jointly arguing in support of an inclusive definition of marriage.

The fight was won in the courts, but the Liberal party and the public are divided. The parties have been far more polarized in almost

deliberately hang back and allow the courts to make controversial policy decisions. And then when the courts have ruled, I think the politicians are almost relieved and happy to endorse the court's decision with legislation. Unfortunately, I think it signals a lack of political leadership.

Would you rather have had a political consensus in favour of equal rights?

We would certainly have preferred for the government to be at the forefront. Nonetheless, it's a signal that our democracy is working in the sense that there is a robust dialogue between Parliament and the courts where the courts have been upholding the values of our Constitution. So we've seen a completely legitimate thought to not be discriminated against, the right to equal recognition of our relationships, and now the equal right to marry affirmed both through the courts and Parliament.

Do you feel legislators are in touch with the average Canadian voter on this issue?

Some MPs tend to overstate the opposition of the majority of their constituents. We've seen in recent weeks, for instance, some MPs saying, "Well, our office has had 120 phone calls and 90 per cent of the people have been opposed, therefore my constituents don't support this." But the people making the calls are the ones who are opposed, so it's not an accurate reflection of what we know from polls. So I think some MPs are out of touch in the sense that they have a tendency to overstate their fears.

What makes you think you have a better idea of what the average Canadian thinks than MPs who oppose equal rights do?

There hasn't been an opinion poll in years that has shown more opposition than support for same-sex marriage. I think the highest level has been two-thirds of Canadians supporting equal marriage rights. Some polls have shown less support, but always more support than opposition.

What do you say to people who feel that the *Common Sense* court case, which was examining equal rights, should have been allowed to finish its work?

I actually think the process worked. The majority who came forward spoke in support of equal marriage rights. A number of those opposed did so from a religious perspective, but said they would feel reassured if their religious freedoms were protected in any draft legislation. At the end of the day that's exactly what happened—the bill will go out of its way to protect religious freedom.

Pope John Paul II has declared that same-sex marriage is gravely immoral, and obviously *Marriage Canada* is going too far.

It's no surprise that the Vatican opposes equal marriage. It opposes women priests, it opposes a lot of things. But Canada is not a theocracy. And there are other religions that do support same-sex marriage. We've seen marriages performed by the United Church and the Christian Church. We've had rabbis speak in support of equal marriage.

Some critics say gays should be allowed some form of legal union but not marriage. What's wrong with that compromise?

This whole issue is about equality and equal access to the same choices that heterosexual Canadians take for granted. At the end of the day, from the institution of marriage, from a fundamental social institution, it sends an unequivocal message that our relationships are seen as less worthy, less valued.

What do you say to people who fear gay marriage will destroy the country's social fabric? There have always been prophets of doom who have predicted an upheaval in the social fabric if we were protected from hate crimes, or protected under human rights legislation. In each case we look back and there has been no such upheaval.



Do you fear a backlash?

I think what we're seeing at the moment is vocal opposition that doesn't represent the majority of Canadians. I think most would be seriously worried if they felt that something adversarial as human rights in our Constitution could be sacrificed in order to appease a vocal opposition.

Sure, but gay marriage could still become a election issue.

I think that the upcoming prime minister will probably be happy to have this addressed promptly before an election so the govern-

mentally can move on to other issues. Every one involved has an interest in seeing this brought to a conclusion early.

If it does become an election issue, how do you think it will play out?

Apart from the Canadian Alliance, I'm not aware of any party that opposes this. So the Alliance risks starting that further as a party of the past. I think most politicians who want first support for same-sex marriage is highest among young Canadians, and lowest among people who are not Prime ministers and among older Canadians.

When would you like to see the gay lobby focus on next?

We're still seeing a number of school boards opposing the use of materials that reflect diversity. Unfortunately, terms like "big" are still common in the playground, and young boys and girls still take their lives in significantly higher numbers than their heterosexual counterparts precisely because of the bullying. And we're still seeing justice not broken and gay establishments and some people for private consensual behaviour. So I think the area of full equality is not yet open to us.



NOT-SO-RAPID RESPONSE

As we've seen, our governments aren't ready to jump in when disaster strikes

IN RETROSPECT, it seems improbable that it was left to a misused Liberal MP and a long-time backroom senator to pump life into an ailing Toronto. But Dennis Mills and Jerry Greenfield hatched the idea for their aphid, headline-catching, Rolling Stones concert—and then scrounged up the cash and resources for it. It's more 10 weeks, they wheedled their way through the Prime Minister's Office, the Privy Council Office and more than 30 federal departments, several provinces' offices and a raft of city and police officials.

Problems dogged them. Federal bureaucrats initially wanted to charge for the use of *Downview Park*, one of the most famous horse base, at a recent locale. Ministerial aides were agonizingly slow in responding to requests. So, a single concert cannot fully restore the city's reputation as a healthy place. But, with the *delphic* reception of Vancouver winning the 2010 Winter Olympics, there has not been a lot to celebrate in Canada lately. "We just bolstered our way through the wall of bureaucratic indifference and walling," says Joy Street adviser Joy Head, who assisted the two long-time friends. "The system resisted them but they had a great idea."

True. But what does this say about the system? The momentum for SARS relief, which occurred a fortnight later, inadvertently became the most vivid example of why the system itself needs help. Consider the situation. The Toronto virus generates 20 per cent of the nation's GDP. But when SARS began to actually advance through the area last spring, the federal government was slow to react: there was little coordinated interdepartmental response to the escalating plight. Eventually, Ottawa offered a relatively paltry \$250 million toward a bill that exceeds \$1 billion. Ontario Premier Ernie Eves refused the deal, arguing that the feds have shifted far more to other regions when disaster struck. Tides broke down, negotiations deepened the estrangement. "The relationship between Ottawa and On-

tario," observes University of Toronto political scientist David Cameron, "is perhaps the most dysfunctional in any language."

Meanwhile, the area languished. The eastern Toronto riding of Liberal MP Jim Karagiannis encompasses many areas that figured in the SARS outbreak. And it is still suffering. Businesses remain unscathed. Mills are slowly reviving. A laundry business that once employed 180 people is now down to only one shift—with less than two-thirds of that shift's workers. "When it came to the economic engine of Canada, we have a couple of strong ministers, but maybe they were not used to reacting," says Karagiannis, who, in desperation, pulled together meetings of ethnic business councils to devise a self-help central plan. "We

OFFICIALS FROM ALL levels of government would know each other better if they took part in a council designed to set common goals

need to think outside the box." Exactly. Economically, we have learned. The hard way. On April 15, an economist issued their first warnings about the effects of SARS, the Bank of Canada noted a key overnight rate by one-quarter of a percentage point. In mid-July, in a belated recognition of the loss of SARS and real-time effects and the strong dollar, it put it back where it was. Second-quarter GDP was probably fine—no way have declined slightly. "Initially, there was some recognition that it is the seriousness of what was happening," says Ted Carmichael, chief Canadian economist for J.P. Morgan Chase. "The longer it takes to recognize the problem, the more adverse the impact is going to be." He adds delicately, "It would have been prudent for the Bank of Canada to pause in raising rates."

Politically, we have a long way to go. Last month, at their annual meeting, the provincial and territorial leaders agreed to establish a Council of the Federation, which will research and establish common goals. Eventually, they added, they may invite Ottawa to join. But this council should also include representatives of the major cities if it wants to get things done. Even then, it might have been difficult for governments to launch a fast response to SARS. But, as political scientist Cameron points out, officials from all levels of government would know each other better—and be more familiar with each other's needs—if they participated in a council of. Or, as he puts it, "The constitutional environment through which this would be mediated would be improved." At the least, officials would have something to react.

In the meantime, the federal level alone, there has to be a better way. Ted Carmichael, who served as principal secretary to Pierre Trudeau, has called for the creation of a national security council composed of top officials from various departments who would report to the prime minister. It would plan for crises—and deal with crises.

Crucially, it is not just we need another bureaucracy. The current Privy Council Office, he says, is easily capable of coordinating such efforts across departments—even though ministers are unaccustomed to working in tandem with each other. Instead, each usually reports to the top. "We are acting in a virtual reality system," he says, "and government departments have not caught up with that yet. They are all set up vertically. But the government is unable to deal with non-vertical problems like SARS that cut across many disciplines." A reorganized priorities and planning committee of cabinet, he adds, should be organized like a SWAT team to provide rapid, cross-departmental responses to crises.

In other words, although Graham did not say it, political leadership is needed. You only had to look across the embattled *Downview* grounds at Mick Jagger straining on stage to realize what a huge feat these two Liberals accomplished. And then it doesn't take long to conclude that governments may create much and Ottawa may shuffle committees—but it will take strong direction from the top to ensure things happen. Prime Minister Jean Chrétien was not there.

Mary Jamman's column appears every other issue. mjamman@torstar.com



Here's to healthy arteries

There's more evidence that a little alcohol can be a good thing—large researchers have found a daily drink improves the elasticity of the arteries.

Arterial elasticity is the ability of the arteries to regain their shape after being deflated, like a rubber band. Stiffer arteries increase the risk for heart disease.

A team led by Dr. Bevan Zaslavsky, chief of medicine at the Walton Medical Center in Basel, followed 245 healthy volunteers from 15 to 80 years of age who completed questionnaires about their health history and medications.

Those who drank 30 milliliters or more of hard liquor, or more than one glass of wine or beer per day were included from the study. All subjects who had one glass of alcohol per day had increased elasticity

The Medical POSTING



FYI More than 12 per cent of people admitted to a Canadian hospital with a new heart attack from 1996 to 2001 died in hospital within 30 days. If death rates in regions with higher rates had been the same as the Canadian average, there would have been 397 fewer deaths among heart attack patients during that period.

(Source: Canadian Institute for Health Information)



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WHEN THE BODY COMPLAINS

Atlantic Bureau Chief JOHN DEMONT sets out to defy the ravages of age

IT'S NOT SO MUCH that you suddenly realize you can't do what you used to. It's more the understanding that, maybe, you shouldn't even try. But in middle age, many aches are starting to surface—so you forget this. And the next thing you know you're starting unspooling at a baby finger fractured when you went for the nail you used to be able to make in the pickup basketball game. Another night on the same court, you wake up on your back, broken ribs at ready throbbing after a collision that only you believe was a charge. You're on the physio table, as needles and electrodes make the muscles of the thigh you twisted playing tennis twitch and jump. Or you're in the locker room of your bar-so-dojo, among people half your age, wondering how you're going to put your pants on after catching a round house kick in the side that made your groin vibrate.

Then there's the Ahh you grobble before you should the driveway, the way your lower back aches for a couple of days after a long drive, the time it takes to roll out of bed in the morning. There it is, kid you're not 45 any more. Actually, you're 47, and the truth on as long as he ignored aging isn't just a state of mind, and no one gets out of here alive. You just want to go with a little dignity, not with the gym clothes struggling to pry the more covered from sausage-like fingers.

You also want it to happen in reasonable old age. Who doesn't? So we keep fighting back. When's participation in adult sports is soaring. Senior athletes are the most active-recreational group in all of North America. The baby boomers who sparked the fitness craze back in the '70s and '80s aren't cutting back.

But by trying to out-run, out-cycle and out-swim the Grim Reaper, many of us may be wearing ourselves out too early. And not just boomers—sports injuries are soaring at all ages, and orthopaedic specialists now calligraphy due to inappropriate physical activity one of the main challenges facing their profession in the decades ahead. We overdo it when we're young, leaving our joints

intelligences thrashed long before the first grey hairs appear, we choose the wrong sports as adults, or we're doing the right thing, but too much and too hard.

I don't have to look far for examples. Besides my own ever-expanding injury list, there's my sister-in-law, a 40-year-old television manager in Calgary. She describes the aching pop when she ruptured her Achilles tendon playing volleyball. At an elementary school barbecue, face a lawyer and a fireman who have also ruptured their Achilles, and a guy who suffered amputation on the hockey rink long past things when Gordie Howe hung 'em up. An old friend, Dave Shea, calls it 48, he's reduced to the occasional game of golf and a steady diet of anti-inflammatories by the arthritis in his shoulder and knee—measles to junior hockey injuries. Twenty-seven years ago he tore one of his anterior cruciate ligaments on the soccerball court (the ACL is that all-important connector between the thigh and the shin that makes jogging, running and jumping possible) it's not just people Dave's

AT 47, strained muscles and broken bones have convinced Demont it's time to stop abusing his body and focus on some sound routines

age. Last winter, his 17-year-old daughter, Laura, suffered the same injury on the soccer field. "She's an aggressive player," says Dave. "When you play any, injuries are unavoidable."

Not overdoing yourself here. Energy doesn't have to be renewable. What everyone needs is a lifetime plan for delaying the decline and falling as long as possible. What's the why? I set up an appointment at Dalhousie, where I set up an appointment at Dalhousie, where I set up an appointment at Dalhousie, where I set up an appointment at Dalhousie.

"IT'S A DIFFICULT BALANCE," says Leo Thornley, a personal trainer and certified

strength and conditioning specialist at Dalhousie who has agreed to give me some good ones. "Do too little and your chances of dying go up. Do too much and you're going to have overuse injuries. That's why so many people are getting professional help."

I've already got what I call a "program." But it's mostly stuff gleaned from exercise magazines, flipped through whenever I happen to be working out. Thornley takes my height, weight and blood pressure, gets out to squeeze a dynamometer, a device to measure hand strength, then uses calipers to measure body composition. (You'll notice I didn't say "body fat." Exercise pros like Thornley don't use that term, for fear of sending their clients scurrying to the nearest parlour in despair.)

Then he does a heart-rate monitor under my T-shirt and has me move to the treadmill for the standard increase stress test. "Piece of cake," I say as a 1.7 m.p.h. walk-up is 10 per cent grade. But every three minutes he ups the speed and steepens the incline. At nine minutes I'm jogging. By the time the incline is at 20 per cent and the speed five miles an hour, I'm running so hard, legs fully scorching, incapable of any conversation besides a raspy, "How... much longer?" When I call it quits, thighs and shoulders burning, I've been on for a mere 15 minutes. Someone in serious shape should be able to do this entire 20 minutes. But I feel like I've just run with the bulls at Pamplona. Hearing people that I'll have the Big One right here on the lab floor, Thornley tells me to keep walking while I cool down. Then he says he'll put together a personalized exercise program for me.

IS IT THE YEARS or the miles that make you stiff, weak and rocky? Sometimes it's both. Bob Cameron's story provides a little perspective. When he moved from the Canadian Football League earlier this year at 41, he was the oldest guy ever to play a professional down in North America. It helped that Cameron, who now has a home retail business in Winnipeg, was a junior who

only had to face stampeding 220-pounders a half-dozen times a game. All the same, when he walked into the Winnipeg Blue Bombers training camp for his last season, he couldn't feel his feet due to a herniated disc. His knees—which had both been operated on to remove torn cartilage—still flared up with pain. When he asked the team trainer for help, the response was a stern and terse advice: "Go take a look at your back structure."

Recreational athletes like me can't blame everything on age. I talk to Dr. Trevor Hall, who splits his time between teaching in the

The truth is, aging isn't just a state of mind, and no one gets out of here alive

department of kinesiology at Ontario's University of Waterloo and practicing at the Waterloo Sports Medicine Centre in nearby Cambridge. He tells me what we all have to look forward to. Less give in the muscles connecting the bones and muscles, a steady decline in oxygen capacity through middle age and beyond, a time-to-its-per-cent decline in muscle mass per decade after age 40, slower reactions, osteoarthritis waiting if

you've blown away a knee, torn a shoulder or are just genetically predestined that way. "You shouldn't get too discouraged," Hall says. "There's a lot of evidence that with regular exercise we can maintain aerobic capacity and muscle strength." But there's no ignoring the accumulated wear and tear, which helps determine your body's ability to hold up under the strain of any exercise program. To see what the years have wrought, I visit Michael Dunham, an orthopaedic surgeon at the Queen Elizabeth II Health Sciences Centre in Halifax. He stands me in front of him. "Well, at



lean you're not logged," he says—data adds stress to the loads of the knee joints. Then he asks me to sit down and starts measuring my fluid-filled left knee at different angles. He touches the inside, feeling for "hazy edges," but finds nothing. "You've probably got the beginnings of osteoarthritis," he says. "But you're probably not going to need an artificial knee later on."

Forget what he said about "probably not"—images of gleaming artificial knees flood my brain. There's a year-long waiting list for joint replacements at Duke's hospital, in part due to the aging population. But Duke's, who blow out a knee playing basketball in mid-July, tells me it's also symptomatic of a society in which winning a college soccer scholarship or playing major-league hockey—rather than having fun and enjoying a healthy lifestyle—has been the goal of so many coaches and parents. Need proof? ACL injuries among young women are one so common that health authorities call them an epidemic.

LEO THORNLEY has my personal exercise program ready. The beauty of his plan: the principles apply to anyone, no matter what the fitness level or age. It's all common sense, really: keep the gut down, give your cardiovascular system a regular workout, maintain strength, do some stretching, stay active enough to slow the decline in balance and coordination.

Thornley says my "VO₂ max"—maximum aerobic capacity—probably increased to creep into the "excellent" category for my age group. (I'm dubious, after my commentary on the treadmill.) But he still wants me to get the little going as often as a week, at various levels of intensity, for anywhere from 20 to 30 minutes a pop. "Think of your body as an oil," he says. "You take it out for a spin and everything runs better." He's not just talking about staying out of the oil-change wait, although that's reason enough. Among his heart-maintaining simple actions of everyday life: eat. Thornley puts it nicely: "Life is good. Health makes it better."

Am I allowed to do anything? I want—okay, need, play a few sets of tennis, do some martial arts, as long as the heart rate gets into my target zone for the mandatory time for four of the six sessions. Just getting me fit for a golfing can be all you need. If you're older, gardening, asking the letters or housework

IT'S NEVER TOO LATE TO GET STARTED

Duke's program is meant to keep his gut down, give his heart a regular workout, maintain his strength and flexibility, and help slow the decline in life balance and coordination.



will help you make cardio gains. It's even OK to do 10 minutes of physical activity here, 15 minutes there, so long as you accommodate the 60 minutes daily that scientists say is necessary to stay healthy. In fact, the more you can incorporate exercise into your everyday life, the easier being healthy becomes. So, in addition to my common-sense cardio regimen, I now to go to the car

more often and buy on the bike. Booking up the cardiovascular system also burns calories: 450 per half hour. If you're a 170-lb. male resting eight metabolic miles, and 300 calories if you decide to walk for the 30 minutes. That can help change "body composition"—how much lean body mass and fat tissue you have—and reduce stress on the heart. My weight is on target, the



INCLINE PUSH-UP USING A STABILITY BALL

Balancing on the stability ball gives the torso a tougher workout than the standard push-up.

beer belly has not arrived yet. But Thornley's computer program does I could improve my forearm tone, even if I don't tug to get like Josh Hartnett.

Josh has Lynch's 160-pound ex-dancer and sports nutritionist, for some advice. "Watch your fat intake," the warrior. "Every gram of fat has nine calories, while every gram of carbohydrate/protein has just four." She says a variety of foods is the key for anyone who wants to be fit for life. I'm going to need carbs, in the form of fruits, vegetables and pasta, to add energy and stamina as well as to ensure I get all the vitamins and minerals a person needs. Protein in the form of fish and meat will build muscle. Calcium and vitamin D, both of which are found in milk, will keep bones strong and help prevent osteoporosis. Stepping up the activity level also means I'll have to start drinking more liquids—and not my usual diet of gallons of black coffee, which keeps causing dehydration. Lynch recommends four to six glasses of water a day to replace lost body fluids.

And I'm going to need some extra gut. Thornley's own should I've got a grip like a child's. My stomach muscles, it, who cares? I'm not a surgeon, musician, lumberjack or anyone else who needs to work their hands. It's building muscle changes that important body composition. It's been proven to lower cholesterol and blood pressure levels, making normal exertion easier. It also reduces injuries on the playing field. Besides, if you really think about it, a lot of manual-laboring strength comes in handy in even the most ordinary existence. "You like to kick the soccer ball around with your kids, you want to be able to use on garbage," says Duke's fitness coordinator.

A couple of days after my gymwork with Thornley, I stay at Duke's athletic weight room—a load place with racks of mirrors, stacks of weight plates thick as tractor tires, and warmers, mostly younger men stuffing themselves of each other's biceps. It takes a while to get used to the gym's equipment. My heartbeats are spiking. My discomfort has faded. I mean to have brained my own vertebrae struggling with the squat bar.

As I lagged down the ball toward the end, I glance into a smaller exercise room. Inside are a few overly. There's also a man in a blue and black doing bench press. He's built like Thor. I happen to know he's nearly 80 years old. It seems to be ending. At precisely that moment, I decide to forget about Roger Clemens throwing strikes at 40. When I grow up, I want to be like that guy. And you should too.

even in the dense, dense terms a week. He likes routine and he likes his muscle groups. For example, biceps, push-ups and pull-downs. Some of them—squat—were worked on by themselves. In the end, a lot of the training movements a middle-aged man like me has to make in daily life. Three of them involve those trendy stability balls, starting with the small "core" ones that first stabilize my spine and trunk, which could help me reduce the lower-back pain that plagues my gut out of adults.

Of course, if I'm going to build those killer darts and peas, it's important to add some stretching to ensure my muscles don't shorten and tighten up—something that happens naturally with inactivity as we age. But what about other subtle signs of aging—the dulling of internal balance receptors, slowing of reaction time, the general loss of the coordination that used to allow someone to crash a drive down the center of the highway during the day and dance the rumba come night? Trouble is, even after years of me (let me, nobody is ever going to mistake me for a member of Cirque du Soleil).

THORNLEY GETS ME to sit on a stability ball and lift a leg. Then he asks me to do my own. Lying on back a harder than it may sound. Moments later I'm trying to stand on a wobble board, about five square, designed to give kids early on balance practice. It's like I'm on the tip of a really tall building that's blowing from side to side in strong wind. Who said trying to slow down the clock was easy?

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John Intini starts a sentence... Dan Aykroyd finishes it

Two hairy bodyguards—back Hills Angels look-alikes—hounded Aubrey in *Dan Aykroyd* over his time as a floater store in Toronto. It was the day following the Blues Brother's movie gig in Saskatoon, and he was decked out in an all-too-predictable black ensemble. During a break from signing copies of his new CD, *Have Blues will Travel*, the 51-year-old Ottawa native finished November Reporter John Intini's sentence:

A BAD COME... can be way funnier than all the rest of us out there.
THE SAGPHONE... is best. Devoured when

it has some breakfast, some also and some more in it.
DR. RAYMOND STANZ GYKROY'S CHARACTER IN THE 1984 CLASSIC GHOSTBUSTERS... is currently doing research into the materialization of ectoplasm and mass apparitions.
THE LAST TIME I REVEALED A SECRET... was earlier this afternoon. Only my wife knows what it was and I'm planning to keep it that way.
SATURDAY NIGHT LIVE... is an institution that will never go away. It's permanent.
IT WASN'T A FUNNY GUY... I'd probably be crying.

Diversions | Cynthia Dale

What the Stratford, Ont.-based actress likes:
BOOKS: *THE PROBABLE FUTURE*, by Alice Hoffman. "It's about three generations of women and is a wonderful tale of forgiveness."
DVD: *THE FOOT BRIDGE OVER THE WATER*. "I didn't understand why people wanted to watch a show about a family and a funeral home, but it turned out to be so much more than that. It's just fabulous."



Video games | Action-packed



BRUTAL FORCE | AAA

(Microsoft, Digital Anvil)
Fans of the *Blas* might take note: *Brutal Force* is not the recent casting of action/adventure games to laptop, but it will definitely take players over until Auto 2 (2004). The so-called right to his splendid graphics, Kingpin's capt and some rebellious toys. Plus it allows up to four friends to tackle mutant legions.



RETURN TO CASTLE WOLFENSTEIN | AAA

(Activision, id Software)
Players must stop Nazis' Third Reich before the Germans can build a super-army to use against Allied forces. The first three levels multi-player online on the web. It's a silly feature that makes a group of gamers to vote out the more-obnoxious competitors.



MIDNIGHT CLUB II | AAAA

(Electronic Arts)
Based on the illegal world of street racing, *Midnight Club II* allows players to push their driving skills to the limit and compete with rivals, such as famous the car as law enforcement. It's *Clash of Nations*. Get the full experience of this game with the online multi-player mode, where you can face off cyberspace drivers. 3000K CASH

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Contest starts on July 11, 2004 at 11:00 pm EST and ends on Aug. 31, 2004 at 11:59 pm EST. Complete rules and regulations available online.





Music | Let's hear it for the Boy, let's give the Boy a hand

On his debut album, Stephen Noel proves he can wield a guitar. But it's a little-known fact that the singer-songwriter is just as proficient with a shovel. When Noel (also goes by the musical moniker Boy) needed a larger space to set up his recording equipment, his father graciously offered the basement. The earth-shaking didn't last, however, as he dug it up to the then-teenaged Noel to dig it out himself. "It took me about four years," says the 22-year-old. "There's still a mountain of dirt that I have to get rid of, but it's done. Unfortunately, by the time I finished,

I was moving out and never even used it." It wasn't just the manual labour that drove Noel from his hometown of Whitehouse, N.J. There was also the lack of people his age playing music. "It was really tough finding bandmates younger than 40," he says. Once he landed in Toronto, Noel scored a record deal and released *Boy*—a collection of digg-pop songs about drinking and girls that's heavily influenced by such like his mo-

Map-tagged Noel is carrying the digg-pop torch with catchy pop songs about girls

rop by the Rippap invasion of the 1990s.

Now that he's a full-fledged, albeit neurotic, recording artist, Noel finds himself weighing in on the latest life-shaping debates. He condemns the practice, but admits to doing it himself. And while he laughs at merry fans who ask him to sign burned copies of his CD, he acknowledges that he swears a great deal to the CBC's New Music Canada Web site—where he posted a list of early compositions and built a fan base. "I'd probably still be screwing around with a guitar in my bedroom and working late jobs in Whitehouse if a didn't exist." This Boy is happy to put the shovel away for good. —JONAS MEYER

Books | BARBARY IN THE NAME OF THE LORD

In two earlier books, *Into the Wild* and the mega best-seller *Into Thin Air*, U.S. writer Jon Krakauer focused on humans dealing with extremes of weather and geography. With his latest work, *Under the Banner of Heaven: A Story of Violent Faith*, he shifts to history in the form of a true-crime novel. The book starts with the 1954 murder of Brenda Lafferty and her baby daughter, Erica, by two of her husband's brothers. Her spouse was not involved; both Mormon fundamentalists who believed God had ordered the slaying. (Brenda Lafferty is serving two life terms, while Ron Lafferty is on death row.) Krakauer goes on to examine the fundamentalist offshoots of fundamentalism, touching on the seductions of Wild iconography, Donalson Smith, and an Israeli way commander throughout North America, including one in Colorado. Also, Krakauer's, he attempts to "probe the failure of religious belief," as he writes in his closing remarks. "According to the essential irrationality of emotions," he concludes, "is surely attributable to its capacity, especially in the form of widespread belief."



BESTSELLERS

Fiction

	PREVIOUS LAST WEEK
1. THE CURIOUS INCIDENT OF THE DOG IN THE NIGHT-TIME, Mark Haddon (1)	1
2. THE NUMBER NINE, J. J. Green (2)	2
3. THE 14,000 BARS, Lisa Thompson (3)	3
4. THE LADY IN THE SEA, Michael Chabon (4)	4
5. THE GIRL ON THE TRAIN, Lisa Thompson (5)	5
6. THE GIRL ON THE TRAIN, Lisa Thompson (6)	6
7. THE GIRL ON THE TRAIN, Lisa Thompson (7)	7
8. THE GIRL ON THE TRAIN, Lisa Thompson (8)	8
9. THE GIRL ON THE TRAIN, Lisa Thompson (9)	9
10. THE GIRL ON THE TRAIN, Lisa Thompson (10)	10

Non-fiction

1. THE GIRL ON THE TRAIN, Lisa Thompson (1)	1
2. THE GIRL ON THE TRAIN, Lisa Thompson (2)	2
3. THE GIRL ON THE TRAIN, Lisa Thompson (3)	3
4. THE GIRL ON THE TRAIN, Lisa Thompson (4)	4
5. THE GIRL ON THE TRAIN, Lisa Thompson (5)	5
6. THE GIRL ON THE TRAIN, Lisa Thompson (6)	6
7. THE GIRL ON THE TRAIN, Lisa Thompson (7)	7
8. THE GIRL ON THE TRAIN, Lisa Thompson (8)	8
9. THE GIRL ON THE TRAIN, Lisa Thompson (9)	9
10. THE GIRL ON THE TRAIN, Lisa Thompson (10)	10

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HOWARD DEAN, WEBHEAD

His Internet-driven campaign for the U.S. presidency will change politics forever

IT'S THE FIRST Wednesday night of the month, which means it's time for another Howard Dean campaign rally. Perhaps 150 people are packed into Nova's, a bar and grill on Main Street in Burlington, Vermont. It looks like an ordinary campaign rally. Appearance are decent.

For one thing, Howard Dean, who spent the '90s as Vermont's stout Democratic governor, isn't even here. The crowd came out to say nice things about him behind his back.

Nor is Dean at the other Dean gathering in another town down the street, or at a third Dean meeting elsewhere in town. Nor is he attending Dean gatherings taking place more or less simultaneously in Detroit, Chicago, New Orleans, Fargo, N.D., and nearly 400 other cities.

It's only five months before primary season begins. Yet in the dead of winter, tens of thousands of people have gathered across America to help Howard Dean get elected president. They raise on the Internet. Welcome to the new politics.

For most of the last two years, Dean has been a long-shot candidate for what, in itself, is a long-shot proposition: being the Democrat who tries to pick off the popular wartime Republican president, George W. Bush. These are important reasons for his success who are more than happy to pursue the party line while they wait to hear if Bush. The party really didn't need this ratty governor of a little gray state most Americans consider, frankly, a bit rusty.

Then, early this year, two things started to happen. Dean got angry—eye-bulging, lip-pulling mad—at Bush's management of the economy and his moralized war, but also at the newly revealed response of the other Democrats. Might as well stand up to Bush, he said. "I'm from the democratic wing of the Democratic party," he announced at a winter party meeting, and people began to pay attention.

The other thing is a little weirder. There's a Web site called *meetup.com* when you can

declare the existence of your local book club or Dungeons & Dragons league. There you find out whether other people share the same interests and you organize regular meetings.

In Burlington, I met a 23-year-old Dean campaign worker named Michael Williams who has followed the growth of a phenomenon. In February, about 1,000 people logged onto *meetup.com* to talk about their fascination with this guy Dean. In March, the Dean campaign assigned \$1



hundred to be their ambassador to the state legislators, who by now numbered 4,500. By July, when it was revealed that Dean had raised more money in the second quarter than any other Democrat, it was past 35,000.

And between Sunday and Thursday of last week, with Dean's piggyback ride on the coattails of the two biggest American newsmagazines, the number of Dean supporters on *meetup.com* went from 10,000 to 44,000. No other candidate has nearly that much on-line support. The few who try have already embarrassed themselves. There are fewer than 10,000 John Kerry supporters

on *meetup.com*. The number refuses to grow.

When tens of thousands of people go excited about a candidate, it does more than encourage a campaign. It becomes a magnet for action. The off-road Dean Web site, *deanforamerica.com*, has become the most powerful political money-raising pool in the short history of the Net. A real volunteer army that big, often more than cash. It often enthusiasm that can be focused and targeted.

On yet another site, *deandefending.com*, the faithful are informed of the latest unfavorable press coverage. (Dean opposed the Iraq war. He wants to reject the Bush tax cuts to pay for health care. He signed a Vermont law permitting same-sex civil unions. Supporters call him an undecidable leftist.) *Meetup.com*, you read about somebody badmouthing Dean, and if you send the outraged scribe a corrective e-mail ("Be polite," the Dean legions use to say, "but make your point"). Repeat. Hundreds of times a day.

There's more: The first delegates to the 2004 nominating convention will be elected in January in the Iowa caucuses and New Hampshire primary. Last month people at every Dean *meetup* hand-wrote a letter about their run and, using addresses gathered by the Dean camp, mailed the letter to an unattended, registered Democratic voter in Iowa. This month, the Dean camp hopes 40,000 letters have been sent to the winning Democrats of New Hampshire.

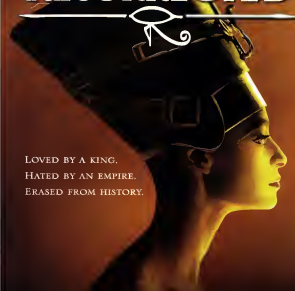
I don't have a clue how Dean's campaign will end. But his ability to rally money, supporters, defenders and word-of-mouth is already changing politics.

In 1968, John F. Kennedy beat Richard Nixon in part because Kennedy was more convincing on the new medium of television. From now on there will be an "Internet primary" before the others. Early interest—no decline, but awfully handy—will go to candidates who reject blandness and common sense. Also, I think, to candidates like Dean, who have appealing flaws and imperfections. It's actually an advantage if the guy looks like he could use your help.

The rise of the Internet primary, in other words, will be the opposite of the blue dress, rail-thin women who ran beyond their ability when television is the only medium that picks winners. The forces lifting Dean will ignore politeness who rely on blandness to win. Sounds like good news to me.

For comments, backpage@enr.com

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